

Behavior of the Linea Alba During a Curl-up Task in Diastasis Rectus Abdominis: An Observational Study

The linea alba (LA) comprises highly organized collagen fibers¹ that continue from the rectus sheaths² derived from the abdominal muscle aponeuroses. The distance between the rectus abdominis (RA) muscles, the inter-rectus

distance (IRD), widens in pregnant women by their third trimester.^{3,4} More than half remain abnormally wide 8 weeks after delivery, and, although some recover by 6 months (60.7%⁵), many have not at 1 year.^{3,4,6} The width of the LA is equivalent to the IRD.

The abdominal wall is essential for lumbopelvic function through multiple mechanisms, including the transfer of force through fascial tension.⁷⁻¹⁰ A diastasis rectus abdominis (DRA) is present when the IRD exceeds normal values⁴ and can exist at 1 or more regions of the LA. Widening of the LA in DRA potentially modifies its tensile properties and its capability to transfer force across the midline of the abdomen. How abdominal muscle activation may affect the behavior of the LA and how to rehabilitate individuals with DRA are under debate.^{3,4,6,7,11,12,13} Rehabilitation often focuses on exercises that narrow the IRD. Some encourage this using abdominal crunch or curl-up exercises,¹⁴ whereas others argue that the curl-up should be avoided to limit strain on the stretched LA.¹⁵

In women with DRA, the IRD narrows (measured with ultrasound imaging) during a curl-up,¹⁶ most likely by approximation of RA muscles as they straighten on contraction (FIGURE 1). The

• **STUDY DESIGN:** Cross-sectional repeated measures.

• **BACKGROUND:** Rehabilitation of diastasis rectus abdominis (DRA) generally aims to reduce the inter-rectus distance (IRD). We tested the hypothesis that activation of the transversus abdominis (TrA) before a curl-up would reduce IRD narrowing, with less linea alba (LA) distortion/deformation, which may allow better force transfer between sides of the abdominal wall.

• **OBJECTIVES:** This study investigated behavior of the LA and IRD during curl-ups performed naturally and with preactivation of the TrA.

• **METHODS:** Curl-ups were performed by 26 women with DRA and 17 healthy control participants using a natural strategy (automatic curl-up) and with TrA preactivation (TrA curl-up). Ultrasound images were recorded at 2 points above the umbilicus (U-point and UX-point). Ultrasound measures of IRD and a novel measure of LA distortion (distortion index: average deviation of the LA from the shortest path between the recti) were compared between 3 tasks (rest, automatic curl-up, TrA curl-up), between groups, and between measurement points (analysis of variance).

• **RESULTS:** Automatic curl-up by women with DRA narrowed the IRD from resting values (mean U-point between-task difference, -1.29 cm; 95% confidence interval [CI]: -1.45, -0.93; $P < .001$ and mean UX-point

between-task difference, -0.52 cm; 95% CI: -0.69, -0.34; $P < .001$), but LA distortion increased (mean U-point between-task difference, 0.058; 95% CI: 0.0003, 0.043; $P = .046$ and mean UX-point between-task difference, 0.025; 95% CI: 0.004, 0.045; $P = .02$). Although TrA curl-up induced no narrowing or less IRD narrowing than automatic curl-up (mean U-point difference between TrA curl-up versus rest, -0.56 cm; 95% CI: -0.82, -0.30; $P < .001$ and mean UX-point between-task difference, 0.02 cm; 95% CI: -0.22, 0.19; $P = .385$), LA distortion was less (mean U-point between-task difference, -0.025; 95% CI: -0.037, -0.012; $P < .001$ and mean UX-point between-task difference, -0.027; 95% CI: -0.038, -0.005; $P = .03$). Inter-rectus distance and the distortion index did not change from rest or differ between tasks for controls ($P \geq .55$).

• **CONCLUSION:** Narrowing of the IRD during automatic curl-up in DRA distorts the LA. The distortion index requires further validation, but findings imply that less IRD narrowing with TrA preactivation might improve force transfer between sides of the abdomen. The clinical implication is that reduced IRD narrowing by TrA contraction, which has been discouraged, may positively impact abdominal mechanics. *J Orthop Sports Phys Ther* 2006;46(7):580-589. doi:10.2529/jospt.2006.5536

• **KEY WORDS:** diastasis rectus abdominis, inter-rectus distance, rehabilitation, transversus abdominis

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